

HEALTHIER FEDERAL WORKERS 2011

A new symposium promoting
the health, safety and wellness
of the Federal workforce



SEPTEMBER 14-16, 2011

Georgetown University Hotel and Conference Center
Washington, DC



EAGLESON INSTITUTE



Who should attend?

Workplace health and wellness professionals

Occupational health nurses, physicians and ancillary staff

Human Resources, Work/Life professionals, benefits and EAP staff

Safety managers, officers and other health/safety staff

Fitness professionals, dietitians, and health coaches and educators



A DOZEN REASONS TO ATTEND:

1. Be part of a unique gathering of Federal health and wellness experts with many opportunities for interaction.
2. Learn more about the current health of federal workers—and their current health challenges.
3. Hear evidence-based prevention science from the nation's leading workplace health, safety and well-being experts.
4. Explore critical interventions that create lasting change, with specific significance to Federal workplaces.
5. Obtain these critical skills: engage leadership, implement sustainable wellness efforts and overcome common barriers and challenges.
6. Learn successful on-the-job options for healthier nutrition, cafeterias, vending and health-enriching amenities.
7. Gain specific strategies using the latest approaches for motivating, engaging, and incentivizing your people.
8. Share your own wellness success stories (or your woes and heartaches) with colleagues from throughout the Federal space.
9. Obtain step-by-step guidance to implement right away for health coaching and chronic disease management.
10. Hear about family and community strategies that let you extend your health reach for greater benefits.
11. Become part of an ongoing peer community forum that can stay connected between meetings and grow together the whole year through!
12. Get encouraged, excited, and empowered!



BROUGHT TO YOU BY:

The National Institute for Occupational Safety and Health

US Office of Personnel Management

Department of Veterans Affairs

Centers for Disease Control and Prevention

Federal Occupational Health

US Department of Health and Human Services

Eagleson Institute

Continuing Education for this activity is pending. See final announcement (or website) for details.

The Centers for Disease Control and Prevention is accredited as a provider of Continuing Nursing Education by the American Nurses Credentialing Center's Commission on Accreditation.

AGENDA

DAY 1: WEDNESDAY, SEPTEMBER 14

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| 7:30 | Registration, Continental Breakfast |
| 8:30 | Welcome |
| 8:45 | Opening Session Keynote Address Speakers: Top Federal officials now being confirmed |
| 10:15 | Break / Fitness Activity |
| 10:45 | Panel Discussion: Current Federal Efforts In Workplace Health, Wellness, and Worksite Health Promotion Panelists will include: <ul style="list-style-type: none"> ■ Jonathan Foley, MPA, Director, Planning and Policy Analysis, US Office of Personnel Management ■ Michael Hodgson, MD, MPH, Chief Consultant, Occupational Health Strategic Healthcare Group, Veterans Administration ■ Gene Migliaccio, DrPH, Director, Federal Occupational Health Service (FOH) ■ Chief Human Capital Officer Representative ■ Federal Executive Board Representative ■ Health and Wellness Experts from other Federal agencies |
| 12:00 | Lunch <i>Exhibits open, fitness activity available</i> |
| 1:15 – 5:00 | Real Strategies for Healthier Federal Workers: Part I <i>(please choose from Track A or Track B)</i> |
| | Track A: How Healthy Organizations Can Lead to Healthier Workers <ul style="list-style-type: none"> ■ The Big 3: Nutrition, Physical Activity, and Obesity: From Policy to Practice to Results Presenter: Speaker now being confirmed. <i>Hear success stories, promising practices, and pitfalls to avoid.</i> ■ Aging & Work: Preparing for the Aging Avalanche James Grosch, PhD, Research Psychologist, National Institute for Occupational Safety and Health /CDC <i>Discover timeless strategies for retaining, protecting, and supporting older workers.</i> ■ Communicating Health: Speak the Language that Matters, Motivates, and Moves Your Employees Jessica Mark, MPH, CPH, healthfinder.gov and Outreach Program Manager, Health Communication and eHealth Team Office of Disease Prevention and Health Promotion, HHS <i>Learn to use health literacy principles, understandable Web design and the surge in social media to your advantage.</i> ■ Best Practices In Onsite Chronic Disease Management Programs Pamela Allweiss, MD, Medical Officer, National Center for Chronic Disease Prevention and Health Promotion, CDC <i>Learn how options, from screening, to interventions, to evaluating outcomes, can move your workers to better health.</i> |

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| | <p>Track B: Helping Employees Balance the Challenges of Home, Work, and Family</p> <ul style="list-style-type: none">■ Creating Family-Friendly Policies for Health Kimberly Wells, PhD, Lead Managing Research Psychologist, US Office of Personnel Management <i>Explore work-life balance, telework, financial management, lactation programs, parenting programs, eldercare.</i>■ Optimizing Your EAP Program to Protect Workers, Enhance Wellbeing and Build Resilience Lisa Teems, DMin, LCSW, CAS, CEAP, Associate Director of Operations, Employee Assistance Program, FOH Jeffrey Mintzer, MSW, CEAP, LICSW, WLCP, Associate Director, Work/Life Programs, FOH■ Best Practices: Improving the Psychological Environment of Work for Maximum Health Barbara E. Moquin, PhD, APRN, BC-P, Health Science Administrator, Center for Clinical Trials Network, NIDA/NIH/HHS <i>Explore stress recognition, organizational assessment, resiliency-building and other interventions that really work.</i>■ Organizing Work to Optimize the Health of Workers Jeannie A. S. Nigam, MS, Research Psychologist, Work Organization and Stress-Related Disorders, NIOSH/CDC <i>Explore the impacts of flexibility, job sharing, increasing control and its impact on health; discuss the use of work time for engaging in health-promoting activities.</i> |
| 5:00 | Reception in Exhibit Area |
| 7:00 | Evening Georgetown or Monument Walk |

DAY 2: THURSDAY, SEPTEMBER 15

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| 6:45 | Early Morning Eye-opener Fitness Activity |
| 7:45 | Registration, Continental Breakfast |
| 8:30 - 12:00 | <p>Real Strategies for Healthier Federal Workers: Part II <i>(please choose from Track A or Track B)</i></p> <p>Track A: Using the Policy and Built Environment for Greater Health and Wellness</p> <ul style="list-style-type: none">■ Building in Health: Campus Amenities and the Built Environment Liz York, AIA, Chief Sustainability Officer, Centers for Disease Control and Prevention (CDC) <i>Learn how indoor and outdoor built-environment interventions, healthier defaults, green transportation, enhancements for physical activity and other environmental interventions support healthier choices.</i>■ What's on the Menu? Improving the Food Environment at Worksites with the HHS/GSA Health and Sustainability Guidelines for Cafeterias and Vending Joel Kimmons, Epidemiologist, National Center for Chronic Disease Prevention and Health Promotion/CDC Samir N. Ayoub, Branch Chief, General Services Administration <i>Review the latest GSA procurement guidelines and practical strategies for enhancing the food offerings in your workplace.</i>■ Tobacco-Free: The Latest in Quit-Science, Successful Strategies, and Cessation Supports Abby C. Rosenthal, MPH, Consultant <i>Can you reach the last 10-15% of smokers in your workplace? Critical insights into the final push to smoke-free workplaces and the supports to get your employees there.</i>■ Fully Integrated Health: Finding the Hidden Synergies in your Occupational Health, Safety, EAP, WorkLife, Benefits, HR and Workplace Wellness Programs Michael Hodgson, MD, MPH, Chief Consultant, Occupational Health Strategic Healthcare Group, VA <i>Maximize your organization's health potential by connecting and optimizing your policies, practices and interventions in all levels and departments throughout your Agency.</i> |

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| | <p>Track B: Optimizing the Occupational Health Safety & Wellbeing of Your Employees</p> <ul style="list-style-type: none">■ An Emerging Topic in Occupational Health: Sleep, Shift Work, and Worker Health Daniel P. Chapman, PhD, MSc, Psychiatric Epidemiologist, Emerging Investigations and Analytic Methods Branch, CDC <i>Explore the latest science on sleep deprivation, sleep apnea, shift work and their effects on worker health and safety.</i>■ Where Health and Work Meet—Topics in Reasonable Accommodation, Family Medical Leave, and Fitness for Duty Neal Present, MD, MPH, Director, Medical Employability Program, FOH <i>Gain critical insight into medical work issues with case studies that will help managers better understand the impact of chronic diseases at work and manage requests for medical leave and accommodation that can optimize worker productivity while minimizing employer costs.</i>■ Using Health Risk Appraisals: The Latest in Risk Scoring, Incentives, Customized Interventions and Personal Health Coaching Paula Staley, MPA, RN, Public Health Advisor, Office of Prevention through Healthcare, CDC <i>Learn about the latest in assessing the individual health of your workers and charting the way forward to better health outcomes.</i>■ Update for Occupational Health Nurses, Mid-Levels and Physicians: Maximize Your Clinic's Health and Wellness Potential Pamela Hirsch, NP-C, BS, MEd, MS, Director, Clinical Occupational Health, VHA <i>Onsite and nearby clinics provide an important opportunity to support screening, immunizations, acute care and chronic disease recognition and management—are you squeezing all the health value out of your clinic?</i> |
| 12:00 | <p>Lunch</p> <p>Exhibits open, fitness activity available</p> |
| 1:30 | <p>Closing Keynote</p> <p>Presenter: Speaker now being confirmed</p> |
| 2:30 | <p>Break / Fitness Activity</p> |
| 3:00 | <p>Federal Workplace Health Experts Panel: What's Next For Workplace Health and Wellness?</p> <p>Facilitator: L. Casey Chosewood, MD, Senior Medical Officer for Total Worker Health, NIOSH/CDC</p> <p>Panelists:</p> <ul style="list-style-type: none">■ Ebi Awosika, MD, MPH, Director VHA Employee Health Promotion Disease Prevention■ CAPT Mark Delowery, DO, MPH, Medical Director, Federal Occupational Health Service■ Wendy Heaps, MPH, CHES, Senior Policy Advisor, CDC■ Jason E. Lang MPH, MS, Team Lead for Worksite Health Programs, CDC■ CAPT Neal Naito, MD, Director of Clinical Care and Public Health, US Navy■ Lucy M. Polk, WLCP, WorkLife Specialist, US Office of Personnel Management■ Liz York, AIA, LEED AP, CNU-A, Chief Sustainability Officer, CDC <p><i>Interactive session with panelists and attendees: discussion of late breaking health and wellness news, HealthCheck statistics, and current trends and hot topics. Bring your questions, challenges and ideas for sharing with your colleagues.</i></p> |
| 4:45 | <p>Conclusion of Main Conference</p> |

DAY 3: FRIDAY, SEPTEMBER 16 POST-CONFERENCE COURSES

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| 7:30 | Registration, Continental Breakfast |
| 8:30-12:00 | <p data-bbox="282 346 1105 401">Post-Conference Courses <i>(please choose from PC#1, PC#2 or PC#3)</i></p> <hr/> <p data-bbox="282 426 1459 462">PC#1: Design, Launch and Nurture an Award-Winning Worksite Wellness Program</p> <p data-bbox="282 468 1421 560"> Lucy M. Polk, WLCP, WorkLife Specialist, U.S. OPM Garry M. Lindsay, MPH, CHES, Director of Health Education and Promotion, FOH Sandra K. Schmunk, MA, MS, Program Manager, Employee Health Promotion Disease Prevention Program, VA </p> <p data-bbox="282 571 1510 758"> Explore the essential elements of a strong workplace wellness and health promotion program. Find the easiest paths to strong leadership support and proven ways to build a culture of health, safety and wellbeing in your workplace. Capture the basic steps to employee engagement and retention in your health programming. Identify best practice interventions related to healthy nutrition, physical activity, tobacco cessation, stress management and work-life balance. Discover strategies for communicating your message and maintaining momentum. Explore simple ways to evaluate your success and share your wins with others. Group activities, hands-on experiences and take-aways galore! </p> <p data-bbox="282 768 1226 800"><i>This workshop is designed for new and early-career worksite health promotion professionals.</i></p> <p data-bbox="282 816 1427 852">PC#2: Advanced Topics in Worksite Health Protection and Health Promotion</p> <p data-bbox="282 863 1174 955"> Ebi Awosika, MD, MPH, Director VHA Employee Health Promotion Disease Prevention L. Casey Chosewood, MD, Senior Medical Officer for Total Worker Health, NIOSH/CDC Rachel Permuth-Levine, PhD, Director, Health Promotion, Sodexo, Inc. </p> <p data-bbox="282 966 1526 1184"> Through case examples and proven practice illustrations, this course will dive deeply into the challenges faced by worksite health protection and health promotion professionals. Capture advanced techniques for employee engagement, targeted communications, optimal onsite screenings and interventions, and disability and chronic disease management programs. Find strategies for integrating existing occupational health, safety and wellness programs to maximize impact. Uncover novel ways to use the following critical tools to produce positive health outcomes: choice architecture, the built-environment, new policy horizons, and Fed-approved incentives. Bring your toughest challenges and problems for round-table discussions and solutions. </p> <p data-bbox="282 1188 1526 1249"><i>This workshop is designed for worksite health promotion, occupational health or safety professionals with responsibility in these areas for at least 2 years in the Federal workplace.</i></p> <p data-bbox="282 1266 1247 1339">PC#3: Successful Health Coaching and Other Workplace Chronic Disease Interventions</p> <p data-bbox="282 1350 1151 1505"> Jason E. Lang MPH, MS, Team Lead for Worksite Health Programs, CDC Kelly Traver, MD, Founder and Chief Medical Officer, Healthiest You Abby Rosenthal, MPH, Consultant Katie Mahoney, MPH, Director, Health Care Regulations, U.S. Chamber of Commerce Tracey Moorhead, President and CEO, Care Continuum Alliance </p> <p data-bbox="282 1516 1510 1736"> This workshop will explore the latest trends in workplace health coaching and chronic disease management programs proven to maximize health outcomes. Learn how to critically compare onsite coaching and e-coaching models. Uncover the latest information on the brain and the neurological parameters of behavior change. Discover promising techniques for using health risk assessment information to identify programs and interventions with the greatest reach and importance to your workforce. Explore use of onsite occupational health resources to support early identification and management of employees with health risks. Hear successful case studies and examples from the private and public sectors. Learn from top health coaching and chronic disease experts in the field today! </p> <p data-bbox="282 1747 1370 1808"><i>This workshop is designed for worksite health promotion and occupational health professionals at all levels of experience and skill.</i></p> |



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SEPTEMBER 14-16, 2011

Georgetown University Hotel and Conference Center
Washington, DC

Registration Information

CONFERENCE REGISTRATION:

\$595 if registering by August 5, 2011, or \$645 after August 5, 2011.

POST-CONFERENCE COURSES (September 16, 2011)

PC#1: Design, Launch and Nurture an Award-Winning Worksite Wellness Program

PC#2: Advanced Topics in Worksite Health Protection and Health Promotion

PC#3: Successful Health Coaching and Other Workplace Chronic Disease Interventions

\$85 with conference registration, \$125 if registering separately

HOW TO REGISTER

To register online, go to www.eagleson.org/HEALTHYFEDS, or call 207-490-1076 to register by phone or request a registration form.

CANCELLATION POLICY

Individuals who cancel on or before August 31, 2011 are entitled to a full refund, less a \$50 service fee. No refunds will be given after August 31, 2011. Notification of cancellation must be received in writing; refunds will be issued after September 26, 2011. Substitutions for a registered attendee may be made at any time.

Hotel Information



Georgetown University Hotel & Conference Center is located at 3800 Reservoir Rd NW, Washington, DC, among the stately buildings of Georgetown University's campus. The hotel is accessible via Metro bus or frequent free Georgetown University shuttles from Rosslyn or DuPont Circle Metro station. See www.eagleson.org/HEALTHYFEDS and click the Transportation link for details and driving directions.

A block of rooms has been reserved at the special conference rate of \$189, which is below the government rate for the area. To reserve a room call (202) 687-3200, or visit www.eagleson.org/HEALTHYFEDS to register online. You must mention the "Healthier Federal Workers Conference" and make reservations by August 15, 2011 to receive the event pricing.